



ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING TEMPORARY FAMILY PLANNING METHODS AMONG PRIMI GRAVIDA MOTHERS

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ABSTRACT

Aim to evaluate the effectiveness of effectiveness of education programme on knowledge and attitude regarding temporary family planning methods among primigravida mothers. An evaluative research approach with pre- experimental one group pretest – posttest design was adopted for this study. In the present study 50 mothers were selected using non probability convenient sampling method. Data was collected from Vijayalakshmi Hospital. Data was collected regarding demographic variable, knowledge and attitude regarding temporary family planning methods among primigravida mothers. The investigator assessed the level of knowledge and attitude of primi gravida mothers by using structured questionnaire teaching by lecture, demonstration, video clippings and verbalization. Structured education programme was conducted on the same day on group wise each group consists of 18members. Data collection was done in Telugu and English the questionnaire was distributed to each mothers. At the end of the teaching the doubts were cleared. Then 10 minutes was allotted for discussion. The analysis finding indicates clearly that 86% of mothers had adequate knowledge and 90% of them had good attitude regarding temporary family planning methods among primigravida mothers. A well planned structured teaching programme given to the group. The effectiveness of programme showed high level of significant at $p < 0.001$ level. It showed that structured teaching programme was an effective method to improve the knowledge and attitude there by the prevention of unwanted pregnancies. The study highlights that knowledge and awareness does not always lead to the use of contraceptives. There is still a need to educate and motivate the couples and improve family planning services to achieve more effective and appropriate use of contraceptives and to arrest the trend towards increase in population.

Keywords: Knowledge, Attitude, Family planning methods.

INTRODUCTION

Family is a well-knit permanent unit of society and the members are dependent of each others for all round health and welfare, physical, mental, social and economic. Rapid population growth is one of the most important challenges faced by the world today. Large family size adversely affects the health and happiness of each members of the family. Temporary family planning would thus mean planning the birth space between the first and second baby. The purpose of the study is to

assess the knowledge and attitude of primi gravida mothers towards temporary family planning methods. It is important, in order to plan health programme to improve the health of mother and the child [1].

India is the second most populated country in the world after china. Almost 40% of Indians are younger than 15 years of age. About 70% of the people live in more than 550,000 villages, and the remainder in more than 200 towns and cities. Family planning has far long

been recognized as part of maternal and child health services. In India, Family Planning Programme was started in the year 1952 and was the first country in the world to do so. Since then its name has changed to Family Welfare Programme and lastly to the present Reproductive and Child Health (RCH) programme [2,3].

Contraceptive advice is a component of good preventive health care. It is very much necessary to stabilize the population and to conserve the natural resources to future generations. An ideal contraceptive should suit an individual's personal, social, and medical characteristics and requirements. Socio-economic factors, education are few of the factors that play vital role in family planning acceptance [4].

Recent scientific findings and new understanding about long-acting and permanent methods of contraception underscore their safety and effectiveness. This has led to new guidance from the World Health Organization (WHO), as well as continuing strong support by the US Agency for International Development (USAID) for family planning in general and for long-acting and permanent methods of contraception in particular. The methods considered "long-acting" in this context are intrauterine devices (IUDs) and implants; vasectomy and female sterilization are considered "permanent."⁶Injectables, such as Depo-Provera are considered "short-acting" because their lengths of action are only from 1 to 3 months. WHO's guidance documents are available to inform national policies, guidelines, and standards for delivery of family planning services, which in turn should help foster wider access to family planning services [5].

Further, unintended pregnancy poses a major challenge to the reproductive health of young adults in developing countries like India. With the age decreasing of menarche and onset of sexual activity, youths are exposed early to unplanned and unprotected sexual intercourse leading to unwanted pregnancies and invariable abortions [6].

The essential aim of family planning is to prevent the unwanted pregnancies. An unwanted pregnancy may lead to an induced abortion. From the point of view of health, abortion outside the medical setting is one of the most dangerous consequences of unwanted pregnancy [7].

MATERIAL AND METHOD

The study was conducted in Vijayalakshmi Hospital, Suryapet, Telugana, India. To assess the knowledge and attitude regarding temporary family planning methods among primigravida mothers. After obtaining ethical clearance from the institutional ethical committee. The investigator explained the nature of the study. Verbal consent was obtained from those who volunteered to participate. A total of 50 respondents were included in the study and pre-validated questionnaires

were administered to respondents. Their level of knowledge was assessed on the basis of the temporary family planning. Measurement of attitude was done on the basis of 13 questions where the subjects had to give their opinion on a 1 to 5 point Likert scale ranging from strongly disagrees to strongly agree. Analysis of data both descriptive and inferential statistics analyzed on the basis of the objectives and hypotheses of the study. Mean, median, range and standard deviation calculated. t' test is used to evaluating the effect of temporary family planning methods among primigravida mothers.

DESCRIPTION OF RESEARCH TOOL

The questionnaire for present research study comprises of two sections

Section I:

It consists of demographic variables of the primigravida mothers such as age, education, area of residence, type of family and gestational age.

Section II:

Consisted of multiple choice questions evaluate to assess the knowledge and attitude of the temporary family planning methods among primigravida mothers.

Part I: Questions related to temporary family planning methods.

SCORING PROCEDURE

Section: I

The total number of knowledge questions was 18. All the questions had four alternatives with one right answer. A score of "one" was given for every correct answer and score of "zero" was given for every wrong answers. The total score was converted into percentage and interpreted as follows,

| | | |
|----------------------|---|----------|
| Adequate knowledge | - | >75% |
| Moderate knowledge | - | 50 – 75% |
| Inadequate knowledge | - | <50% |

Section C

To interpret the level of attitude the score was classified as,

| | | |
|---------------------|---|----------|
| Positive attitude | - | >75% |
| Favorable attitude- | - | 50 – 75% |
| Negative attitude | - | <50% |

RESULTS

Table 1 denotes the mean and standard deviation of knowledge, attitude and practice of nursing students on impact of dengue fever. Observing the pretest level of mean knowledge score was 7.37 with S.D 1.142 and posttest level of mean knowledge score was 16.31 with S.D 1.04 and the 't' value of 40.92 showed high level of significance. With respect to the pretest mean attitude score was 8.36 with S.D 1.36 and posttest mean attitude score was 12.43 with S.D 1.976 and the 't' value of 11.99 showed high level of significance.

Table 2 shows the correlation of pre and posttest level of knowledge and attitude on temporary family planning methods among primigravida mothers. The analysis reveals that the pretest level of knowledge mean score was 7.37 with S.D 1.142, the attitude mean 8.36 with

S.D 1.36 and overall 'r' value was 0.88 which significant at $p < 0.05$ level. The posttest level of knowledge mean score was 16.31 with S.D 1.04 clearly indicates a positive correlation between knowledge and attitude ($r = 0.96$) which is significant at $p < 0.001$ level.

Table 1. Mean and standard deviation of knowledge and attitude on temporary family planning methods among primi gravida mothers N=50

| Domain | Pretest | | Posttest | | 't' value |
|-----------|---------|-------|----------|------|--------------|
| | Mean | S.D | Mean | S.D | |
| Knowledge | 7.37 | 1.142 | 16.31 | 1.04 | 40.92*** (S) |
| Attitude | 8.36 | 1.36 | 8.36 | 1.36 | 11.99*** (S) |

Table 2. Correlation of pre and posttest level of knowledge and attitude on temporary family planning methods among primi gravida mothers N=50

| Domain | Knowledge | | Attitude | | 'r' value |
|----------|-----------|-------|----------|------|-----------|
| | Mean | S.D | Mean | S.D | |
| Pretest | 7.37 | 1.142 | 8.36 | 1.36 | 0.88* |
| Posttest | 16.31 | 1.04 | 8.36 | 1.36 | 0.96*** |

* $p < 0.05$, *** $p < 0.001$

DISCUSSION

Table 1 denotes the mean and standard deviation of knowledge, attitude and practice of nursing students on impact of dengue fever. Observing the pretest level of mean knowledge score was 7.37 with S.D 1.142 and posttest level of mean knowledge score was 16.31 with S.D 1.04 and the 't' value of 40.92 showed high level of significance. With respect to the pretest mean attitude score was 8.36 with S.D 1.36 and posttest mean attitude score was 12.43 with S.D 1.976 and the 't' value of 11.99 showed high level of significance.

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CONCLUSION

The study highlights that knowledge and awareness doesn't always lead to the use of contraceptives. One needs to understand the level of awareness and practices in the community before implementing the family planning program. There is a need to educate and motivate the couples along with improvement in family planning services to promote the contraceptives.

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